



Wild Blueberry Cup with Mascarpone

Ingredients:

2 cups (300 g) frozen wild blueberries
1 medium apple
½ teaspoon lemon juice
⅓ cup of sugar
¼ (1 tablespoon) sliced almonds
8 ounces (250 g) mascarpone
6 ounces (200 g) Maison Riviera low fat yogurt
1 teaspoon vanilla



Preparation:

Quarter, peel and core apple and cut into slices. Simmer in saucepan together with lemon juice for about 3 minutes. Mix in 2 tablespoon of sugar. Add wild blueberries and cook until heated through and sugar has dissolved, about 3 - 5 minutes. Toast sliced almonds to lightly brown. Mix mascarpone together with yogurt, remainder of sugar and vanilla until smooth.

Divide mascarpone cream into four glasses, top with stewed blueberry apple mixture. Sprinkle with almonds.

Preparation time: Approximately 15 minutes plus time for cooling.

Servings: 4

Nutritional information per serving:

327 calories/1367 kj; 25 g fat; 18 g carbohydrates; 5 g protein

-30-

Recipe to be used in association with or credited to the Wild Blueberry Association of North America (www.wildblueberryassociation.ca). For additional recipes, visuals and information or to arrange an interview or in-studio segment, please contact Susan Willemsen or Ruth Colapinto at The Siren Group Inc. Tel: (416) 461-5270. Email: susan@thesirengroup.com or ruth@thesirengroup.com. Visit www.thesirengroup.com or on Twitter, Facebook and Instagram @thesirengroup.